

# Washington Senior Center News



September–October 2013  
Vol. 26 No. 5

Washington Depot,  
Connecticut 06794

R.J. Curtis

## UPCOMING LUNCHEONS



**Hot Dog & Hamburger  
Cookout, assorted salads etc....**

**Wednesday, September 18 at noon**

Suggested donation \$5.00. Reservations required.

“An Introduction to Washington Ambulance Services”  
will be presented by EMT’s Susan Schultz and  
Deborah Greisbach

## **ANNUAL MEETING AND POTLUCK LUNCHEON**

**For the election of new members to the  
Senior Center Advisory Board**

**Wednesday, October 16**

**12 noon**

**at the Senior Center**

All seniors are invited to the annual meeting and  
potluck luncheon. Please **sign up** to bring a dish or  
suggested donation is \$5.00. Dessert will be  
provided.

Guest speaker: Charlene Wicks from the Western CT  
Area Agency on Aging. She will demonstrate some of  
the Assistive Technology devices available to help  
someone live more independently and with more  
freedom!

## **FLU CLINIC**

**Age 60 and over**

**Friday, September 27**

**10:00 – Noon**

**Sponsored by New Milford VNA**

**They accept Medicare, Anthem,  
Connecticare, Health Net and Aetna  
Bring Medicare or Primary Insurance Card  
for photocopying.**

**NO PRE-REGISTRATION REQUIRED!!**

***\*This clinic is for seasonal flu only.***

## **“LIVING TRUSTS/MYTHS”**

What exactly is a Living Trust? Will a  
Living Trust avoid Probate? Will a  
Living Trust reduce real estate taxes, etc?  
Judge Domenick Calabrese will be at the  
Center on **Tuesday October 8 at 10**  
to discuss living trusts and the myths  
surrounding them.

Please call the Senior Center as **sign up is  
required!**

**BEND & STRETCH & FREE CERAMICS  
CLASSES – MEDICARE ROUNDTABLE -  
see details inside.**

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The Washington Senior Center News is published bi-monthly and is mailed to all known seniors in the town of Washington. Call the Center at 860-868-0735 for additions to the mailing list.

Contributions of articles or items for publication may be sent to the Senior Center at PO Box 352, Washington Depot, CT 06794, or emailed to [seniors@washingtonct.org](mailto:seniors@washingtonct.org)

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Nick Rimbochi	
<u>Alternates</u>	
Hugh Fitzpatrick	Harold Stoeffler
<u>Ex Officio</u>	
Pam Collins	Mark Lyon

*The Senior Center Advisory Board meets on the second Tuesday every other month. Attendance at the meetings is open to all.*



**Van Service for Seniors:**

*The van is available on Wednesdays and Thursdays; and for a monthly trip to the Danbury Mall. To reserve a seat, call the Senior Center at 860-868-0735, at least one day ahead. Upcoming trips to the Danbury Mall will be on Monday, September 9 and October 14.*

***Municipal Agent Pam Collins is available to help with Medicare or for information on financial assistance programs. Call for an appointment. Phone: 860-868-0735***

**FREE CELL PHONES**

The **SafeLink** Wireless Community Outreach Program created by **TracFone** Wireless, will provide free cell phones for low-income consumers. Eligible individuals and household will receive 64 minutes of talk time per month for one year. In CT, residents who currently receive government assistance through programs such as Food Stamps (SNAP), Energy Assistance, ConnPace, etc, can qualify for this service. The phone is provided for one year but service can be renewed at the end of the year by re-applying. For more information call 1-800-977-3768 or apply online at [www.safelinkwireless.com](http://www.safelinkwireless.com).

**Heating Season Is Here Again.....**

To apply or for eligibility information on the energy assistance program, call 868-0735.

**Senior Citizen Tuition Waiver**

The University of Connecticut and 12 Community Colleges offer senior citizen, age 62 and older, an opportunity to take courses and earn degrees tuition-free. The waivers are available when space exists in a class after regular registrations are complete. Costs for books and supplies are not waived. For specific details, contact the college or university of your choice.

**Phone  Numbers Etc.  
Town Officials**

Selectmen's Office 860-868-2259  
Town Clerk 860-868-2786  
Tax Collector 860-868-7796  
Region 12  
Superintendent of Schools 860-868-6100

**Connecticut Legislators  
State House:**

69<sup>th</sup> Dist. Representative Arthur O'Neil (R)  
House Democrats 1-800-842-1902  
House Republicans 1-800-842-1423

**State Senate:**

32<sup>th</sup> Dist. State Senator Robert Kane (R)  
Democrats 1-800-842-1420  
Republicans 1-800-842-1421

**State Attorney General**

George Jepsen 1-860-808-5318  
Web Site: [www.cslib.orgattygenl](http://www.cslib.orgattygenl)

**United States Congress Representative**

Elizabeth Esty 5<sup>th</sup> Dist. 860-223-8412  
Web Site: [www.house.gov/write.rep](http://www.house.gov/write.rep)

**United States Senators**

Richard Blumenthal 1-860-258-6940  
Chris Murphy 1-860-549-8463

**CHOICES:** help with Medicare and related insurance questions: 1-800-994-9422



**Senior Center  
Computer**

A computer is available for Internet use - please call to reserve a time.

**Web Sites of Interest:**

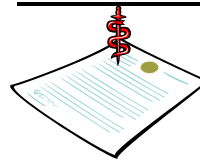
- ❖ Medicare Information in an easy to use format:  
[www.mymedicarematters.org](http://www.mymedicarematters.org)
- ❖ Vaccine & Immunization Info: [vaccines.gov](http://vaccines.gov). Vaccines that Seniors Should Have:  
<http://www.vaccines.gov/whoandwhen/seniors/index.html>
- ❖ Consumer Credit Counseling Services: [moneymanagement.org](http://moneymanagement.org)
- ❖ Identity Theft Resource Center: [www.identitytheftcenter.org](http://www.identitytheftcenter.org)
- ❖ Washington Senior Center Web Site:

[www.washingtonctseniorcenter.weebly.com](http://www.washingtonctseniorcenter.weebly.com)

**Meetings of Town Boards and Commissions**

Regular meetings of Town boards and commissions are open to the public. Meeting dates, times, agendas and minutes to meetings are listed on the Town Calendar which is posted on the bulletin board outside the Town Clerk's office and on the Town website: [www.washingtonct.org](http://www.washingtonct.org)

**PERSONAL MEDICAL INFORMATION FORM**



*Here is a way to keep your vital medical information one place at your fingertips for when it is needed*

*Forms are available at the Senior Center. Keep the form where it will be readily available (attach to refrigerator with magnet) for use in an emergency or for a doctor's visit.*

## PROGRAM NOTES

**Bridge** meets on Tuesdays at 1:30 p.m. Tables are planned in advance. New players should call ahead to be included in future games. Substitutes needed, please call 868-0735.

**Exercise (video)** meets daily at 9:00 a.m. No fee. Come as often as you please.

**CHAIR YOGA – Tuesdays, at 10:30.** Cost: \$25 for six weeks or \$5 for walk-ins.

**Zumba Gold – Thursdays** at 9:15. Cost: \$25 for six weeks or \$5 for walk-ins.

**SENIOR PILATES – Thursdays at 10:30.** Cost: \$25 for six weeks or \$5 for walk-ins.

**Strong Women/Strong Bones** – ( clinically shown to help prevent and reverse osteoporosis) Mondays & Wednesdays from 2:00-3:15p.m. Next session is September 9 thru October 23. Cost: \$85 for 7 weeks.

**Bend & Stretch Clinic** – (increase strength, balance and flexibility). **Wednesdays, beginning October 2 thru November 6 at 9:00 a.m.** Sponsored by VNA Northwest, Inc . No fee. Call to register.

**Needles & Things** on Thursdays, 2:00 - 4:00 p.m. Bring any project and join us for a productive afternoon with “chat”. No fee. All are welcome

**Luncheons:** Wednesday, September 18 – Cookout. Cost: \$5.00. Wednesday, October 16 – Annual Potluck. Sign up to bring a dish or \$5.00. Please call the Center as reservations are required.

**From the Archives of the Gunn Historical Museum** – The first Monday of the month at 10:00a.m. Museum curator, Stephen Bartkus, will be reading research papers from the museum’s archives, sharing photos, stories and reminiscing about Washington’s history. **The readings will resume October 7.**

**WASHINGTON HISTORY CLUB** – The meetings are held on the third Monday of the month at 10:00 a.m. The club welcomes everyone interested in the history of the town and its villages. **The Club will resume September 16.** The topic will be: Continuing with Woodville and beginning MarbleDale.

**Acupressure Clinic** – Wednesday, October 9. Carol O’Toole, a licensed acupuncturist and massage therapist will conduct a 20 minute seated acupressure massage. This is for those who have received a treatment before or have yet to experience it’s rejuvenating benefits. Please call the Center for an appointment. **Your donation of \$10 or more will be given to the Pancreatic Cancer Research Foundation.**

**Leaf Peeping tour to Barkhamsted Reservoir with a stop at Ocean State Job Lot and then on to lunch at Saybrook Fish House.** (Senior van) – Wednesday, October 9. Call the Center to make a reservation. Van departs at 10:00 a.m.

**\*IMPORTANT! When you see a program that interests you, please call to register, whether the program is being offered for free or for a fee. Some programs fill quickly and others may unfortunately be cancelled if minimum enrollments are not met.**

<b>September</b>				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
2 Closed for <b>Labor Day</b>	3 9:00 Exercise 10:30 Chair Yoga 1:30 Bridge	4 9:00 Exercise	5 9:15 Zumba Gold 10:30 Pilates 2:00 N&T	6 9:00 Exercise
9 9:00 Exercise 9:00 Van to Mall 2:00 Strong Women	10 9:00 Exercise 10:30 Chair Yoga 1:30 Bridge 4:00 Advisory Board	11 9:00 Exercise 2:00 Strong Women	12 9:15 Zumba 10:30 Pilates 2:00 N&T	13 9:00 Exercise
16 9:00 Exercise 10:00 History Group 2:00 Strong Women	17 9:00 Exercise 10:30 Chair Yoga 3:00 Ceramic Class	18 9:00 Exercise 11:00 Blood Pressure 12:00 Cookout 2:00 Strong Women	19 9:15 Zumba 10:30 Pilates 2:00 N&T	20 9:00 Exercise
23 9:00 Exercise 10:00 Medicare Outlook 2014 2:00 Strong Women	24 9:00 Exercise 10:30 Chair Yoga 10:30 Aqua Turf 3:00 Ceramic Class	25 9:00 Exercise 2:00 Strong Women	26 9:15 Zumba 10:30 Pilates 2:00 N&T	27 9:00 Exercise 10:00 Flu Clinic
30 9:00 Exercise 2:00 Strong Women				

<b>October</b>				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	1 9:00 Exercise 10:30 Chair Yoga 3:00 Ceramic Class	2 9:00 Bend & Stretch 2:00 Strong Women	3 9:15 Zumba 10:30 Pilates 2:00 N&T	4 9:00 Exercise
7 9:00 Exercise 10:00 Gunn Museum 2:00 Strong Women	8 9:00 Exercise 10:00 Living Trusts 3:00 Ceramic Class	9 9:00 Bend & Stretch 12:30 Acupressure 2:00 Strong Women	10 9:15 Zumba 10:30 Pilates 2:00 N&T	11 9:00 Exercise
14 9:00 Van to Mall Closed for Columbus Day	15 9:00 Exercise 10:30 Chair Yoga 3:00 Ceramic Class	16 9:00 Bend & Stretch 11:00 Blood Pressure 12:00 Potluck 2:00 Strong Women	17 9:15 Zumba 10:30 Pilates 2:00 N&T	18 9:00 Exercise
21 9:00 Exercise 10:00 History Group 2:00 Strong Women	22 9:00 Exercise 10:30 Chair Yoga 3:00 Ceramic Class	23 9:00 Bend & Stretch 2:00 Strong Women	24 9:15 Zumba 10:30 Pilates 2:00 N&T	25 9:00 Exercise
28 9:00 Exercise	29 9:00 Exercise 10:30 Chair Yoga 1:30 Bridge	30 9:00 Bend & Stretch	31 9:15 Zumba 10:30 Pilates 2:00 N&T	

## ***TRIPS FOR 2013***

### **TUESDAY, SEPTEMBER 24 “DOO WOP SHOW & DANCING AT AQUA TURF**

New England's PREMIER Oldies Vocal Group will hit the stage performing 50's and 60's music! Today's family style luncheon includes salad, pasta, pan seared salmon, flank steak, vegetable, potato and dessert. Cost: \$38 per person.



### **“NEW OPPORTUNITIES FOR VETERANS”**

This is a new program in Northwestern CT offered by RSVP and New Opportunities, Inc. and it is called “New Opportunities for Veterans”. It provides services to veterans of all ages. From the newly returning veterans to the aging veterans who find they have a need for assistance. This might include dealing with health issues, job search assistance, companionship or identifying available services that will meet the veterans needs. For more information, call Program Coordinator, Robert Lynch at 203-575-4236.

**Also**, the Dept. of Veterans Administration operates a number of programs providing financial , medical and other assistance to veterans. There are 4 major benefit programs: disability compensation, pension programs, free or low cost medical care through VA hospitals and medical facilities and education programs. Veterans and their family members who wish to contact the Department regarding a claim, benefits or services, may fill out a question forms on the website (<http://www.va.gov>) or call VA at 1-800-827-1000.

### **FAKE ONLINE PHARMACIES – Protect Yourself**

People who buy medicine from fraudulent sites put their health at risk because the products can contain the wrong ingredients, or to little or too much of the active ingredient, or might be made with other harmful substances. The Food and Drug Administration has launched a website BeSafeRx to alert the public on the risks or purchasing from a fraudulent online pharmacy and how to identify them. To see more, go to the FDA website: [www.fda.gov.besaferx](http://www.fda.gov.besaferx).



## Our Supporters



**ASPETUCK ANIMAL  
HOSPITAL**

278 New Milford Tpke.  
New Preston, CT  
860-868-2973

[www.aspetuckanimalhospital.com](http://www.aspetuckanimalhospital.com)

Michael Gorra, DVM

Small Animal  
Medicine & Surgery

24 Hour Emergency

Boarding

Acupuncture

Pet Food & Supplies

Trish Grinnell, DVM, CVA

MPC

# MILLETTE

## PEST CONTROL




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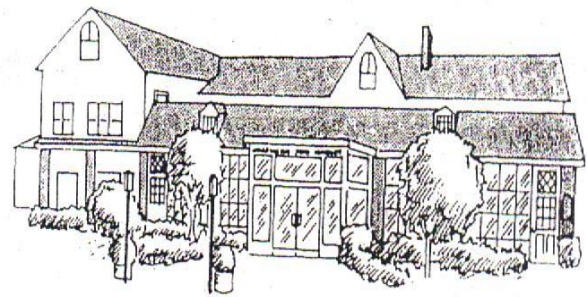
HEATHER MILLETTE

P.O. Box 56 • Watertown, CT 06795

1-888-870-5558

The Progressive Pest Management Company	Watertown	(860) 274-9503
Fax: (860) 945-0169	Torrington	(860) 489-3879
E-mail: MPCPEST@aol.com	New Milford	(860) 354-0567

## Washington Food Market



*Hours:*

Mon - Sat  
8:30AM - 6PM

Sun 8:30AM - 2PM


Bryan Memorial Plc  
Washington Depot, CT  
(860) 868-73

Henry Ference
(860) 868-2743

## Painter Ridge Farm

94 Painter Ridge Road • Washington, CT 06793-1709

Annuals • Vegetables • Hay • Christmas Products



## **FREE POTTERY CLASSES – Funded by Community Foundation of NW CT**

**Location: Washington Senior Center**

**Date: Tuesdays, beginning September 17 from 3:00 – 4:30**

**Duration: 6 sessions with reception after last class**

Community Foundation of NW CT is generously funding a unique multi-generational series of pottery classes for seniors. Come meet new people and play in clay with energetic and talented Shepaug High School students and Washington Art Association Instructor, Pam Church. You'll learn basic handbuilding techniques and try the potter's wheel, if you dare! The High School students will design and teach the last class(es) and there will also be a public presentation and reception where both High School students and willing seniors will talk about their experiences, display photos and show their final works of art. Come for one or all of the classes. All classes are free and limited to 15 people. **Absolutely no experience necessary!!**

**Call the Center to sign up!**



### **MEDICARE OUTLOOK 2014**

**On Monday, September 23 at 10AM**, Eric Freedman and Jim Dunn of the Western CT Area Agency on Aging will give a presentation entitled **Medicare Outlook 2014**. They will do a fast paced review of the Medicare program at the start of the implementation of Obamacare. They will discuss how to qualify for the Medicare Savings Program, how to protect yourself from Medicare and consumer fraud and touch on some of the services provided by the Agency on Aging. They will take questions and be available for brief consultations after the presentation.

**Sign up required!**

**UNLESS OTHERWISE STATED, ALL INTERESTED PARTIES ARE WELCOME AND ENCOURAGED TO ATTEND ANY PROGRAMS AND ACTIVITIES AT THE WASHINGTON SENIOR CENTER.**

#### **THE WASHINGTON SENIOR CENTER**

**Hours: 9:00-12:00 and 1:00-4:30 Monday through Thursday  
9:00-12:00 on Friday**

**Phone & Fax: 860-868-0735 e-mail: [seniors@washingtonct.org](mailto:seniors@washingtonct.org)**

**Please visit the NEW Senior Center web site at: [www.washingtonctseniorcenter.weebly.com](http://www.washingtonctseniorcenter.weebly.com)**

Box 352

Washington Depot

CT 06794

**CHANGE SERVICE REQUESTED**

